



## City of Newton, MA

# INVEST IN YOURSELF

October 2013 Health and wellness newsletter for employees

## OCTOBER IS BREAST CANCER AWARENESS MONTH

### NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

The Health Maintenance Clinics have moved to a new place and time!

**October:** 3rd, 17th  
**November:** 7th, 21st

3-4pm in the Health and Human Services Department in City Hall

Questions? Call Ext. 1420

### **ZUMBA!** **MOVED TO THURSDAYS!**



**WHERE: CITY HALL WAR MEMORIAL**

**WHEN: SEPT. 19, 26, OCT. 3, 10**

**WHAT TIME: 5:30-6:30**

**\$10 FOR DROP IN**

**PLEASE CALL EXT. 1434 IF YOU'RE INTERESTED**

Breast cancer is the most common kind of cancer in women, next to skin cancer. One in eight women will develop breast cancer in their lifetime, so it is important for every woman to talk to her doctor about her risk including family history of breast or ovarian cancer. Depending on risk factors and medical history, the doctor will discuss how often to order a screening mammogram.

Although less common, breast cancer can affect men and women under 40. It is important for men to see their doctors if they feel a lump in their chest. It is also important for younger women to be aware of lumps found by self-examination.

There are many different kinds of breast cancer and treatment options for each kind. As for many other diseases, *early intervention and prevention is key.*



Here are some ways to lower your risk:

- **Get screened regularly**— yearly physicals and mammograms (depending on risk determined by the doctor)
- **Control weight and exercise**— regular physical activity, eating

healthy, and limiting alcohol intake are important for many aspects of health including lowering breast cancer risk.

- **Know your family history**— Breast cancer commonly runs in the family and knowing your family history can be an important factor in how often you are screened
- **Know the risks and benefits of hormone replacement therapy**

## ALLERGIES— IN THE FALL?

Spring is not the only time of year that you can suffer from seasonal allergies! The fall offers an assortment of plants and flowers that cause sneezing, sore throat, coughing, and if you have asthma, can exacerbate your symptoms. Here are some tips to help control your allergies this time of year:

**Stay indoors during peak hours:** Keep the windows closed and stay indoors during peak times to reduce your exposure.

**Clean your heating vents:** Cleaning your heating vents before



you turn the heat on can reduce the amount of pollen, dust and other allergens from entering the air.

**Wear a mask while raking:**

Wearing a mask while raking can prevent you from breathing in mold spores and other allergens that get trapped in the leaves.

**Talk to your doctor:**

If you have severe symptoms, talk to your doctor about medicines you can take and other remedies they can prescribe.



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October 2013

## WHATS THE DIFFERENCE? COLD VS. FLU

### Cold

Common colds come with a variety of unpleasant symptoms, including:

- Stuffy nose
- Sneezing
- Sore throat
- Coughing
- Mild headache and body aches

Colds sometimes come with a low-grade fever and usually last 5-7 days. Over-the-counter medication can help to alleviate your symptoms. If your cold lasts more than 10 days with no improvement, contact your doctor.

### Flu

The flu is a contagious respiratory illness that can cause mild to severe symptoms and, in vulnerable populations, can be fatal.

Symptoms of the flu can include:

- Fever
- Cough



- Sore throat
- Muscle/body/head aches
- Fatigue

### Differences:

Colds usually come on gradually and the flu symptoms generally come on quickly. Flu symptoms generally cause more severe symptoms; fever and cough are generally common and more intense than colds. Fever with the flu usually lasts for at least 3-4 days.

### What can you do?

- Get a flu shot! It's your best way to avoid the flu
- Eat nutritious foods and get plenty of exercise
- Get plenty of sleep
- Practice good handwashing techniques
- Avoid people that have respiratory illnesses

## LENTIL BARLEY SOUP

*There's a chill in the air,  
and the leaves are flying!  
Enjoy this nice healthy  
soup on a crisp October  
day!*



### Ingredients

- 1 cup of lentils
- 4 scallions including greens
- 1 carrot, peeled and sliced
- 2 celery stalks (including leaves)
- 1/2 tsp. dried oregano
- 1/4 cup raw barley or rice
- 12 cups reduced salt chicken broth
- 1 16 oz. can of whole peeled tomatoes coarsely chopped
- 1 tbsp. fresh basil, parsley, or cilantro
- Pinch of pepper
- Lemon wedges

### Instructions

1. Put lentils, scallions, carrots, celery, oregano, and barley (or rice) along with the broth and bring to a boil
2. Once the pot comes to a boil. Lower the heat to simmer for ~2 hours to thicken the soup (should be 1/4 less full than when you started). Stir occasionally to make sure its not sticking.
3. Once the soup has finished cooking, grind pepper to taste
4. Serve the soup right away with lemon wedges and basil, parsley, or cilantro

Taken from [chopchopmag.org](http://chopchopmag.org)

## HAVE A HEALTHY HALLOWEEN!

There are lots of ways to have a happy, safe, and healthy Halloween!



- Serve healthier treats like veggies and hummus at your Halloween party instead of candy
- Buy candy that you don't personally like for trick-or-treaters so you don't eat the extras
- Read the nutrition labels—learn what a serving is and make conscious low-fat/sugar choices
- Store your children's candy/trick-or-treat bag out of sight to limit gazing opportunities
- Skip the Halloween candy sale on November 1st, it's cheap but you don't need it!